

*tight*wire

Publications VOL. 20 NO. 9



EDITORIAL

Here is the summer issue; now if we could just get some summer weather! Yard time has been unpredictable for this time of the year. It has been fun working on this issue. When we were given this assignment six weeks ago, the paper was on the verge of bankruptcy. The only funds available for supplies are the contributions received by way of donations and subscriptions. We have tried to present informative material on topics pertinent to the majority of women at P.W. Opinions stated are not a reflection of Corrections Canada or necessarily the entire inmate population. We welcome all of our new subscribers. And we'd like to thank all the folks who contributed time and material to this issue.

Enjoy!

KRIS LYONS - EDITOR

GAIL HARVEY - ASSISTANT EDITOR

The Friend Who Just Stands By by Joand Barnette

When trouble comes, your soul to try
You love the friend who just stands by.
Perhaps there's nothing she can do---
The matter's strictly up to you.
For there are troubles all your own
And paths the soul must walk alone;
Times when love can't smooth the road
No friendship lifts the heavy load.
But just to know you have a friend
Who's standing by until the end
Whose sympathy through all endures
Whose warm handclasp is always yours.
It helps, somehow, to pull you through
Although there's nothing she can do
And so with grateful heart you cry
"God bless the friend who just stands by."

FEDERAL/PROVINCIAL AGREEMENT

by Kris Lyons

The federal government has an agreement with all of the provinces, except Ontario, to house federal female inmates in provincial institutions. These women are expected to remain until provincial jurisdiction (except lifers). Often the ramifications of the decision are not spelled out.

Men can occasionally be moved out of their home province but it is generally under the auspices of security. When women are moved it is because of lack of facilities.

Currently, many more women have been given permission to remain in their home provinces in view of Section 15 of the Charter:

Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination based on race, nationality or ethnic origin, colour, religion, sex, age or mental and physical disability.

Women were not satisfied with the inclusion of sex in the list of prohibited grounds of discrimination in S.15. Toward the end of the constitutional discussions, a specific sex equality provision was drafted; the provision later became S.28. Section 28 states:

Notwithstanding anything in this Charter, the rights and freedoms referred to in it are guaranteed equally to male and female persons.

Section 28 functions as a red flag to the judiciary, reminding them that discrimination on the basis of sex is subject to the strictest scrutiny. The need to highlight this provision is obvious when one reviews the history of the courts' treatment of equality rights in Canada. (Lavell, Bliss) Because of its strong language "notwithstanding anything in this Charter..." S.28 will override any other sections of the Charter that could be seen to be restricting equality rights.

Section 15 was singled out as the only section to which a three-year moratorium would apply, in order to allow provincial and federal governments time to ensure that all legislation complied with S.15. The moratorium ended April 17, 1985. A case is presently being prepared to test the validity of transfer.

If you wish to remain in the province, your application is sent to the Department of the Attorney General. Consideration will be given to such factors as the need to be close to family members, educational or program needs, or for humanitarian reasons. Your case will be reviewed between a representative from the Department of the Attorney General and the Director of the Regional Classification Board in consultation with the staff of the provincial prison. If there are behavioural problems, you may be transferred and there is little hope of appeal.

Now let's look at the way it really is!! When I applied to stay in British Columbia, I confidently listed all my reasons: a young son, a sick recently widowed mother, a good institutional record and five and a half years of living responsibly on bail. My application was rejected because of the nature of my crime and the length of my sentence.

(continued)

2

When I successfully argued that the reasons wouldn't wash in view of the statistics of other individuals who had been accepted, I was told that classification had police files....secret information. Knowing there was no merit to this claim, I brought in lawyers and forced classification to appoint an independent appeal panel. The decision, after seven months, was unanimous acceptance. I was moved immediately to a minimum security facility. But where I have succeeded, others have failed. Transfers have been effected even before documents filed by lawyers on their clients behalf have been dealt with before the courts. I have watched women with relatively short sentences being moved thousands of miles from their children while childless lifers and foreigners were permitted to remain. As federal representative at the facility where I was being housed, I wrote to Mr. Kaplan to inform him of the real concerns that were becoming apparent for those remaining in the province. I received two letters in return. One expressed concern, the other stated that he was sending someone to discuss the problems. The first sentence out of the mouth of his appointed representative (chosen by Brian Smith), without the usual pleasantries of an initial meeting, was "If you don't like it here, why don't you go to Kingston?" When I explained that Mr. Kaplan wanted to know the outcome of our discussion, he answered all my questions. Every answer was the same, "I don't know."

This is not a new problem. Proposals were given at the Second Session of the Thirteenth Parliament (1976-77). On June 5, 1981 the Final Progress Report on Implementation of the Parliamentary Sub-Committee on the Penitentiary System in Canada reported the following:

RECOMMENDATION 55

An immediate beginning must be made on phasing out the Prison for Women. Until the phaseout is complete, facilities and space must be provided immediately for an activity centre, and the life skills program must be restored.

As a replacement for the present Prison for Women small cottage-like institutions or village clusters must be established in at least three regions of Canada, with adequate programs to prepare women for release. Where security is required, it should be provided only on the perimeter or for the very small group that requires it.

If there are not enough women for government-operated Community Correctional or Release Centres to be established, alternate residential arrangements or resources in the community must be found and used. Private homes can be recognized by the National Parole Service as Community Resource Centres for women on day parole.

STATUS - ACCEPTED - LONG TERM IMPLEMENTATION

A composite plan for the phasing out of the Prison for Women depends upon cooperative arrangements with the provinces and private agencies.

Quebec offenders are now all housed in Quebec's Maison Tanguay and Treasury Board has approved the monies for the upgrading of Quebec's facility relative to security and programs.

continued.....

Negotiations have commenced with Ontario with a view to arranging accommodation for inmates from Ontario and the Maritimes.

British Columbia has agreed to accept federal offenders into their new provincial institution, the completion of which is anticipated in 1985. A memorandum of understanding between the Federal Government and the province of British Columbia is being drafted. The province of Alberta has just received approval for the building of a female correctional facility and has agreed to accept federal inmates from the Prairie Provinces. Discussions with Ontario concerning administrative arrangements are progressing.

The composite plan will make provision so that all female offenders currently in Prison for Women can be accommodated elsewhere. As the two Western Provinces plan on having their institutions in operation in 4-5 years, the Prison for Women will need to be utilized for women until that date. An alternative for handling unmanageable federal female inmates is being explored in the Ontario region. Not only is the Service continuing to proceed with necessary renovations and improvements, but opportunities have been given for women offenders to participate in the vocational and work programs available at Regional Headquarters and male institutions within the Kingston area.

In reality, the prisons in the West have not materialized. And yet, for three years it has been known that sexual equality would be coming into effect. That date has come and gone. If the case being prepared is accepted where will all the women returning to their home provinces be housed? The Citizens' Committee in Victoria is busy drafting a new agreement. The old one has been scrutinized by a few distinguished lawyers, notably Michael Jackson (Professor of Law, UBC). But the Committee is not dealing with the issues.

If a woman remains near her family, she gives up all federal rights. Those rights include training programs, any chance of day parole (although those accepted in the province are likely candidates), education subsidies and the opportunity to study full time, the escalating pay system, private rooms (they share with the transient provincial population) and the official aid of a federal parole officer to assist in mapping out plans for successful re-entry.

In British Columbia there are two facilities. If you remain at Lakeside Correctional Centre (generally for security or health reasons) you can engage in daily contact with your family, friends and prospective employers by phone. The facility is centrally located. Twin Maples is situated out in the country and often transportation cannot be provided by the visitors. Two five minute calls are permitted per week. However, women with young children may have them for a week-end visit (not with time off from your job) once a month IF space is available.

continued.....

4

The women that are sent to Kingston are eligible for earlier release. Availability of bedspace in halfway houses is another matter. Some provinces don't have any halfway houses....for women. While some programs and education are available, re-entry becomes much more difficult. Jobs are harder to prearrange for parole purposes. The biggest problem is, of course, that relationships really suffer. Although this relates to all people in prison, it is much harder on those thousands of miles away from home. (Siberia?) Also, there is the matter of security levels. One of the reasons the Pay Program was designed was to "...provide an incentive for inmate cascading from maximum to minimum institutions." No such options are available to female inmates (unless they wish to do twice the amount of time).

The last thing we need is more prisons. The recommendation of small cottage-like institutions or village clusters is reasonable. The federal inmates at Twin Maples have proven that women can serve long sentences in a minimum setting. There are no fences. This also goes to the argument that there are a lot of people in prison that don't need to be there. The reason given for women not being housed in men's federal institutions (which would alleviate much of the inequality) is that Judge Proudfoot ruled that separate institutions should be used for females. Yet I was housed with men at Twin Maples for a year and a half. Also, no amount of reasoning can convince me that the federal parole officer that was available to assist one particular lifer could not have easily dealt with all the federal inmates. This problem of sexual inequality seems to be taking a lot of time to work out (and time is something we all have a lot of) but I am concerned about the relationships that are dwindling and what the results will be, primarily in the case of children.



"Fifteen years up already?"

FORGIVENESS

The broad who ran off with your girl

Forgive her for her lust;

The chum who sold you bogus dope

Forgive her breach of trust;

The pal who talked behind your back

Forgive her evil work;

And when you're done, forgive yourself-

For being such a JERK !!!

DELIVERANCE

You've blown the deal, you're now in Seg

You've lost the crucial game;

And now you face yourself and say

That you're the one to blame;

When guilt and shame and self-reproach

Lie heavy on your head;

Break free of burdens such as these

Blame someone else instead !!!

REJOICE

When some dear friend falls off the tier

Rejoice should she survive;

And when that friend is beaten up

Rejoice if she's alive;

And should that friend OD on pills

Rejoice if she pulls through;

And by and large and most of all

Rejoice it wasn't YOU !!!

Submitted by: Bobbie

P.M.'S RIDING TO GET NEW JAIL AND 1,000 JOBS

The Toronto Star, Wednesday, June 19, 1985

PORT CARTIER, Que. (staff) - Prime Minister Brian Mulroney has promised this town in his riding a new federal penitentiary that will cost 50 million dollars to 60 million dollars and create 1,000 direct and indirect jobs.

Mulroney told 600 enthusiastic supporters in a school auditorium yesterday that in addition to the prison, which will open in 1988, "there will be other announcements" of job-creation projects in his Manicouagen riding.

The announcement came just one day after Mulroney blamed big spending by his Liberal predecessors for forcing his government to limit inflation protection for old age pensions.

Mulroney's two-day tour of Manicouagen ended yesterday with applause for his jobs announcement in this town of 6,000 where half the residents are on welfare or unemployment insurance.

Six hundred people jammed a school gymnasium to hear the Prime Minister speak. "Thank God," one teacher said. "We need something like that here."

Monday night, Mulroney told 150 seniors in Sept Iles that the government was forced to reduce inflation protection for their pensions because of the massive federal debt.

EDITOR'S NOTE: Prisons are like cancer. Canada has enough tumours, now we must find a cure!

A weak stomach, perhaps?
Or blood is not a strong point in
your personal constitution?
It is the death of yourself you must
fathom, not the depth.
Do not give in to guilt, try.
Oh, this self-effacing ceremony!

I visit graves by the moonlight.
The diffused moonlight helps to set
things off, it obscures the sentiment.
People insist on knowing! So do
the many that can dance on the
point of a needle.

I can look in the mirror, everything
is waving. Good-bye, good-bye.
Every action, every gift, every
hesitant drift.
Look up at the sky
Somebody is waiting.

by Kathy Lamb



What do you call two gay lawyers?

Legal aides.

PAY SYSTEM

Our pay system, based on the current minimum wage, was created to overcome certain problems. As with most systems it has given rise to additional difficulties that need immediate attention.

Compulsory savings, one of the positive aspects of the pay system, allows inmates to have a bit of money to their name when they leave. But what has happened to our buying power? While wages have remained constant, many prices at the canteen have doubled. The wage structure and management plan no longer reflects current on-the-street trends. In essence, our wage amounts to an allowance.

Each inmate has an average gross income of \$34.25 per pay period. From this, 25% must be deducted for savings and \$4.00 goes to the welfare fund. This leaves a net spendable income of \$21.69 for canteen and other needs: drug store, crafts, photos for the family, and long range purchases such as television sets and sports gear. Cigarettes are \$9.50 a carton. This doesn't leave room for toiletry needs that are not provided, batteries, stationary. Some prices at the canteen cannot be changed. Stamps have doubled their price to 32¢ plus the inmate is expected to buy her own pens, writing paper and envelopes.

An inmate is allowed to withdraw up to \$100.00 per year from her savings account to assist in the purchase of specific major items. A recent Commissioner's Directive now precludes compulsory savings (upon request) until the last five years of a sentence. This directive also increases the amount for spending on education from the savings account. These steps to alleviate hardships faced by prisoners represent complications that the new package was designed to circumvent.

The stated purpose of the present pay system is to "better prepare inmates for their ultimate return to the community." Has this objective been achieved? Will living on a mere sustenance level for years and years give us the true picture of what hard work and determination will achieve on the outside? Something has to be done. Prices are going up. Many methods for improving the system have been suggested. They range from abolishing the present system to implementing a wage increase congruent to price increases. And so we wait!

BULLETIN: CANTEEN PRICES ARE GOING UP AGAIN.



To understand the language used by those employed in the Prison and Parole systems of Canada you need a BA : Bachelor of Abbreviations. To the ear of an outsider they speak in a strange tongue, that no mere mortal can comprehend. This is why the CBC has decided to suppress the footage of a parole hearing we filmed recently. We feel the public is not ready for this kind of talk. Read this partial transcript, and judge for yourself:

National Parole Board member (addressing an inmate): We're turning you down, Jones. Here's why: you were transferred to KP from CBI. You were declared a DSO and put into PC. But PC isn't helping you any. Your CA indicates that you told your CO from KP that your C/L wife in T.O. will be happy to have you back. But when asked by your PO in T.O., she said "N.O."

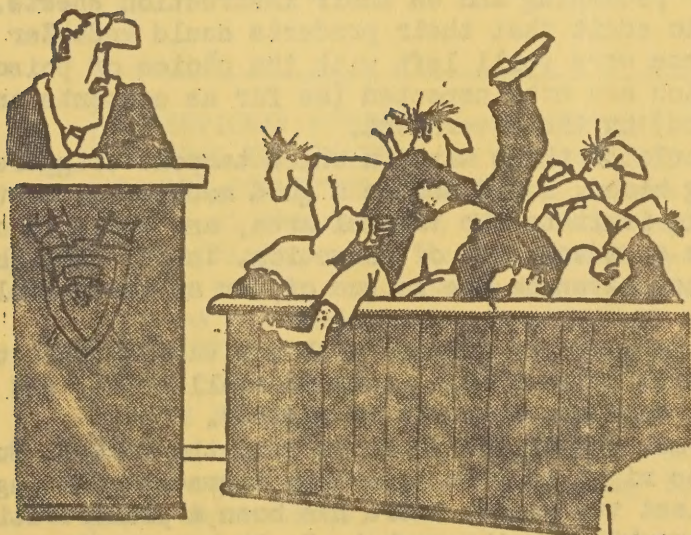
Your institutional performance is definitely N.G. You disobeyed a CX-4, assaulted a CX-6, and smeared mint-flavoured Crest over your LHO.

For a moment we thought, well, maybe a UTA to a CCC. But on your last UTA you went UAL. In fact, you went UAL as soon as you left KP. You didn't even see the CCC.

So my advice to you, my friend, is as follows: Forget about your PED, about FP, about DP, about any kind of P.

Wait for your MSD. Obey your CX's. Avoid your LUO. Talk to your PO. Talk to your CO. Go to AA - and with luck in a year you'll get one TA from KP before your MSD. Do you have anything to say, Jones?

Inmate: Just one thing. F.U.



"Members of the jury, have you reached a verdict?"

HELP YOURSELF!!!

Are you making parole or day-parole plans? Do you need a job? If so, why don't you put in a request to see Tony McGilvary or Bob Young from the HELP job placement program. They can help you find work in the Ontario and Manitoba regions. Even if you are heading to other provinces ask to see them for advice and addresses of support groups in your area. Just put in an interview request form and **HELP YOURSELF TODAY!!!**

FOR MORE INFORMATION

WRITE:

Tony McGilvary
c/o HELP PROGRAM
1132 Ontario Street
Cornwall, Ontario
K6H 4C8 (613) 938-1685

TAMPON ALERT!

This article was submitted by Linda Cameron, it appeared in Les Editions Communiqu'elles, May 1985

You may have noticed the advertisement which appeared in major newspapers on April 10, 1985. The Playtex company placed the ads, asking women who were using Super Plus tampons to discard them.

The ad said: "...these tampons will no longer be manufactured with the more absorbent fibre containing polyacrylate...regular and super tampons do not contain polyacrylate... Why is Playtex taking these precautions? Some questions have arisen about the use of certain very absorbent substances, and we do not know if polyacrylate increases the risk of toxic shock syndrome. (TSS) Playtex will continue its research program...in the meantime, we have decided to avoid any harmful effects which may be associated with polyacrylate by voluntarily eliminating this fibre from our Super Plus tampons...Please throw these tampons out..."

After more than five years of silence on the question of toxic shock syndrome, it surfaces again, without fanfare.

Tampons have been in use since 1936; toxic shock syndrome was identified in the 1970's. In 1980, the cause and effect relationship between tampons and TSS was clearly established for the first time, but there are still many unanswered questions and more research to do. The symptoms of TSS consist of vomiting, blurred vision, red spots on the skin, a fever between 101 degrees F and 106 degrees, diarrhea, and greatly lowered blood pressure.

In 1980, 99% of the victims of TSS were women; there were 213 identified cases in the USA and, of these, 16 were fatal.

The statistics from this period show that women under 30 are at greatest risk. TSS is caused by bacteria which produce a toxin which is then spread throughout the body by the bloodstream.

In 1980 and 1981, the feminist media and a few other newspapers reported and discussed this new disease. Unfortunately, feminist publications are not widely distributed, certainly not to every home. The large, mainstream media carried little news about TSS. The feminine hygiene industry is an important economic force, able to exert its power over the media.

Nevertheless, in November 1980, Madame Monique Bégin, then Minister of Health and Welfare, forced tampon manufacturers to clearly indicate the risks and symptoms of TSS on their packaging and on their instruction sheets. The companies were thus forced to admit that their products could endanger women's health. However, women were still left with the choice of poisoning themselves with products which are not inspected (as far as contents and types of fibres are concerned) by the government.

In 1980, researchers postulated three ways in which tampons triggered TSS. First, a tampon, by trapping blood, could become a good medium for bacterial growth. Second, tampons could irritate the vaginal area, and the site of the irritation could then become an ideal site of infection. Third, the fibres used in the tampons could themselves be the source of, or at least implicated in, the infection.

Today, in 1985, boxes of tampons are printed with the warning that tampons may be dangerous to your health (even though it is in small print, and we know that many people do not read the print on packaging).

And now, a company withdraws one of its products from the market. But still, in 1980, women were given the right to risk poisoning themselves through the use of tampons. During the last two years, there has been a proliferation of different types of sanitary napkins on the market. Is it because fewer and fewer women are using tampons?

And finally, in 1985, we can once again see that for five years now, and in fact for much longer than that, the health and the bodies of women have been used as free guinea pigs which have produced high-level profits for these companies. Is Playtex acting in good faith by removing its product from the market or should it have never put it on the market in the first place?

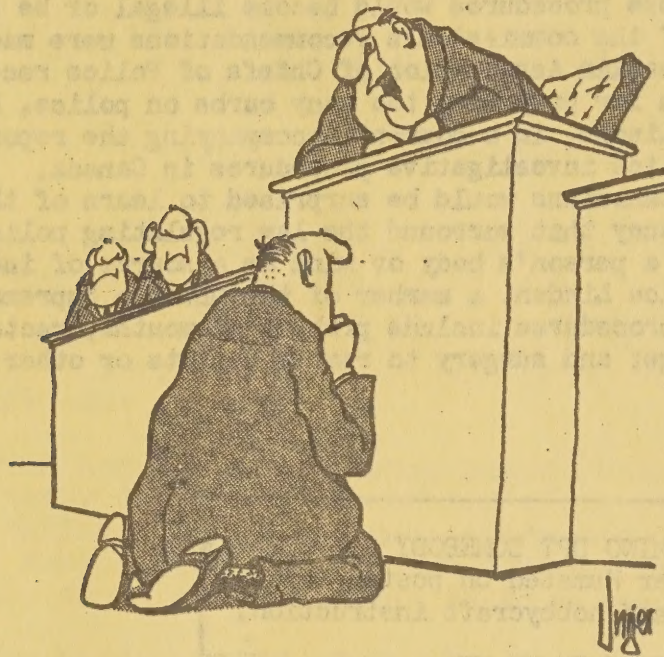
Continued.....

Tampons (continued)

And should the government not ban the sale of tampons until independent researchers have produced conclusive results?

Or does the government fear the manufacturers, who in any event will make as much profit from alternatives to tampons? Questions arise; but in the meantime, as an attempt to protect our health, wouldn't it be better to "pull the cork?"

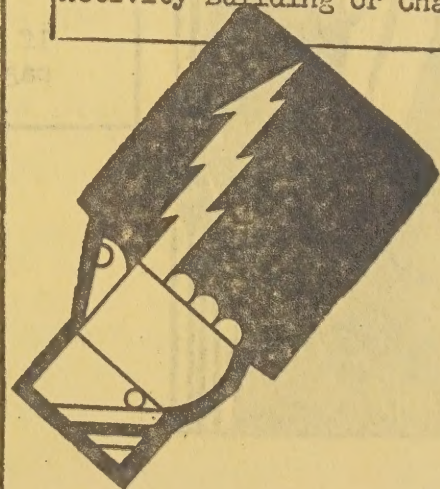
by Paule Duchesne



"Get up, you idiot. When I say, 'how do you plead?' I wanna know if you're 'guilty' or 'not guilty'."

ATTENTION!! ATTENTION!!! ATTENTION!!!
GENERAL INFORMATION NOTICE FROM THE
INMATE COMMITTEE: All functions are
posted at the canteen, the school and
at the dining-room. For scheduled up-
coming events and general information
notices and work/job notices PLEASE
LOOK THERE FIRST! If you see something
that interests you...PLEASE DO NOT
REMOVE IT FROM THE BOARD! There are
other people who are as interested as
you — give them equal opportunity to
read the notices.
ALSO: The Inmate Committee will be
needing volunteers to help with the
preparation of Family Day and volunteers
to run odd jobs during the function and
to clean up the area afterwards. PLEASE
HELP!!! THIS IS YOUR FAMILY DAY TOO!!!

LOOKING FOR GUIDANCE IN YOUR LIFE?
ATTEND BIBLE STUDY ON TUESDAY WITH
REVEREND DOWNS
Activity Building or Chapel Area.



POWERS TO CURB POLICE ARE PROPOSED.....Canadian Press

The Law Reform Commission of Canada says that police should be prohibited from using truth drugs, surgery, medicine or X-rays to gain evidence against a suspect.

The commission, in a report released yesterday, said the "line should be drawn" at the use of medical procedures to gain evidence.

There have been cases of police ordering doctors to operate upon suspects to remove swallowed drugs from their stomachs. Mouths have been forced open to retrieve drugs. Police have entered night clubs and subjected patrons to vaginal and rectal searches for drugs.

All these procedures would become illegal or be subjected to judicial control if the commission's recommendations were made law by Parliament.

The Canadian Association of Chiefs of Police recently criticized the commission for proposing too many curbs on police. But commission president Allen M. Linden, in a comment accompanying the report, said that few rules govern police investigative procedures in Canada.

"Most Canadians would be surprised to learn of the uncertainty and inconsistency that surround the law regulating police investigative procedures which use a person's body or mind as a source of incriminating evidence," said Justice Linden, a member of the Ontario Supreme Court.

These procedures include probing of mouths, rectums or vaginas; use of truth drugs; and surgery to remove bullets or other evidence.

HOLIDAYS COMING UP? SOMEBODY'S BIRTHDAY?
See Jennifer Hemsted on posted days
for craft and hobbycraft instruction.



HELP WANTED!!!HELP WANTED!!!

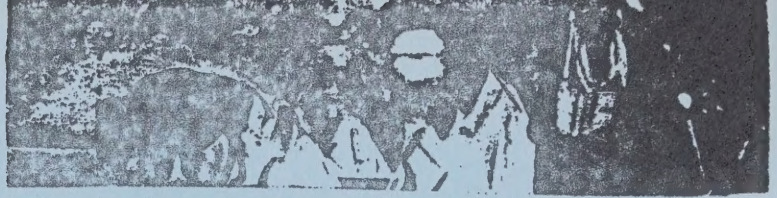
Can you draw, write stories,
poetry or acticles? Do you
know any jokes or have
funny cartoons that
..you could send to
" TIGHTWIRE "

If you do please see subscription
page for the address. We NEED you



DRUG PROBLEM GOT YOU DOWN?
DO SOMETHING ABOUT IT...

DELTA DRUG GROUP
See Alex Louks - Psychologist



Native Sisterhood held the Annual Spring Social on June 1, 1985. Due to rain and cloudy wather the event was unable to be held outdoors. There were sixty-one guests in attendance from various parts of Ontario. The presence of children made an exceptionally enjoyable day for the entire inmate population.

Openingcceremonies began with "Intertribal Grand Entry" with Jimmy Edgar carrying the Eagle Staff, escorted by President Jeanette Chartrand and Vice President Fran Sugar. Elders, Art Solomon, Jean Aquash, Alex Kakupshe, followed with the Sisterhood members. Special Traditional guest dancers rounded grand entry with a total of fifty dancers. Participation from the native and non-native population in the dances enhanced the events of the day.

Two drum groups, one from Akwassane Mohawk Territories, United States and the other, our local drum goup made up of Lester Mainskum and Cliff Summers and all the gang supplied the entertainment. We have not had Akwassane Mohawk Drum in the prison for many years, both groups combined Soñix, Mohawk and a number of old back 49er songs.

Native Sisterhood Annual Championship Dance Contest was held again this year. Kathy Coddote retained her title of first place dancer. Bettyann Yellowquill took second place and Rose Cardinal placed third. Our famous Mens Shawl Dance Contest didn't take place this year. It seems forgetfulness is to blame.

Supper was to be held outside but again due to the weather, it was held inside. Barbequed hamburgers and weiners were bn the menu along with crisp salad and fruit. Traditional corn soup and bannock and raspberry tea were the supper for most people. This was a big treat for those of us that haven't eaten Indian food in a long time. A beautiful cake was made by Renee Shade and Donny Warren.

After supper, "Give-Away" ceremonies took place. Gifts that were made by all Sisterhood members were given to guests and resource people. More singing and dancing after the ceremonies gave people a chance to unwind. Special guest Elinis Obomsiwin entertained with a few songs.

Intertribal Grand Closing was around 9:00 p.m. It was a great day for the women who orgainized it and the women who took part. Smiles and laughter were the order of the day.

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK ALL THE PEOPLE THAT GAVE THEIR ENCOURAGEMENT AND SUPPORT TO MAKE THIS DAY SUCCESSFUL. SPECIAL THANK YOU TO ALL OUTSIDE GUESTS THAT HONORED US WITH THEIR PRESENCE. MEEGWETCH. IN HONOR OF EARTH' SKY AND WATER' WE GIVE THANKS.

SENTENCING IN CANADA

Research indicates that criminal sanctions have only a limited effect in terms of their traditionally-invoked objectives, such as rehabilitation, deterrence and incapacitation. Incapacitation was cited by the Law Reform Commission of Canada as one of the few justifiable reasons for imposing a sentence of imprisonment. Most advocates of this school of thought argue for selectivity and restraint in its use. Ability to predict future criminality is extremely limited. And yet, Canada incarcerates, on a per capita basis, more people than almost any other Western democracy except the United States. Statistics indicate clearly that the numbers of persons being sentenced to imprisonment has been steadily increasing. It is costing the taxpayer \$40,000 per year to keep an inmate incarcerated.

Public opinion polls report that four out of five Canadians believe that the sentences imposed by the courts are too lenient. I'd like to know where these polls are being conducted. I can't imagine finding that many people that have not been touched by the malignancy inherent in the system. Also, the average citizen is only thinking of only violent crimes, and in particular, the "Clifford Olsen's". In reality, one-half of Criminal Code sentencing decisions are related to either theft or alcohol-related driving cases.

The public concern about sentencing disparity refers to the perception that offenders who have committed similar offences, in similar circumstances, receive very different sentences. To not treat people equally raises questions of favouritism, bias, discrimination and unfairness. If all judges based their decisions as to sentence on the same factors and considerations, the concern about unwarranted disparity would never arise. And, Of course, if the sentence is really outrageous, the offender can appeal. (Let the laughter be heard from all the prisons!)

A recent study involving "simulated" cases revealed considerable variation among sentences when some 200 judges were assigned the same set of cases. The study showed the judges' difference of opinion regarding the appropriate aim of sentencing, the weight to be attached to particular objectives, and the relative importance to be attached to the particular facts. Another recent study of actual sentencing decisions in two Canadian cities found evidence of a substantial amount of unexplainable variation among sentences. In addition, it revealed consistent differences among the sentencing patterns of some individual judges. Confusion over the proper approach to questions of effectiveness and equity in large measure results from the lack of clarity and certainly in the Criminal Code provisions (or lack of provisions) regarding overall sentencing principles and objectives. The Code has not been subject to comprehensive review in over nine decades.

Mandatory minimum sentences have been criticized on the basis of their rationale, their effectiveness, and their appropriateness (eg conspiracy to import-seven year minimum). A Sentencing Commission has been established

(continued)

Sentencing (continued)

by the Government of Canada. In addition to its mandate to investigate and develop model sentencing guidelines and examine maximum and minimum sentences in the Criminal Code, the Commission is also to perform a broad function in overseeing and studying the relationship between sentencing guidelines and other aspects of the criminal justice system. They are being asked to advise on prosecutorial discretion in the area of plea negotiation and the parole and remission provisions of the Parole Act and the Penitentiary Act. They will be considering whether lowering the maximum of "life" to fourteen years (except for murder) would bring the law in line with sentencing practice. Ninety-five per cent of all sentences of imprisonment for such offences do not exceed fourteen years.

In 1976 the Law Reform Commission recommended that the Parole Act be repealed and the Parole Board be replaced with a Sentencing Supervision Board. Lord, help us! The mitigating effect conditional release programs have on sentences has long been a point of contention with some members of the public, the judiciary, and the police. But most would agree that conditional release represents a less expensive and more humane way to deal with offenders than prisons. Release can serve as a forum for sober second thoughts after the emotion and controversy of the offense and trial. The Parole Act precludes any involvement by the courts in reviewing the substance of release conditions.

What evidence there is seems to suggest that increasing the intensity of the criminal sanction fails of and by itself to increase compliance with social norms. If deterrence works, then it is in large degree likely that it is the existence and not the intensity of punishment that deters. The permanent damage caused by our prisons is both pervasive and unacceptable. (Clayton Ruby - Sentencing)

Disparity in sentencing is increasing. Of course, many circumstances are taken into account. The background of the individual remains a large factor. "Will anyone notice if we flush this one down the toilet?" The experience and connections of the lawyer also play a big part. The old adage "money talks, B.S. walks" (around and around the yard, I might add) is all too visible. Clayton Ruby argues that effective submissions on sentencing are not always put before the court because "...there is little of the excitement that characterizes much of criminal law and much is discretionary." Then there are those who believe that the judge merely counts the number of ice cubes left in his glass at lunch.

In widening the guidelines for sentencing it is said that the courts can deal more effectively with people on an individual basis. But isn't this really opening the doors to many prejudicial factors? Why are there a disproportionate number of Natives incarcerated? You can find a hint of fairness in the mandatory drunk driving laws. People "of position" are being sent to prison regardless of their ability to buy justice in other offences. These people are getting a glimpse, if only a fleeting one, of the inadequacies in the system. But I wonder if they will sway statistics away from recidivism and the actual problems may not be resolved.

(continued)

15

Sentencing (continued)

Recently I have noticed a plethora of very young women coming in with lengthy sentences. What are going to be the effects? They are in their formative years, a time for deciding the future. The guidelines for social acceptance are very different in prison than in the community.

Disparity is much easier to see when you can compare your own circumstances to others. I have seen people get provincial time for the same amount of drugs, involvement, etc. as other individuals who receive over ten years. And I have seen people who were not the actual perpetrators of the crime receive twenty-five years (before parole) while, in other cases, a shotgun or knifing fatality brings a sentence of two years and less. Bank managers often receive less of a sentence than a single mother who errs in taking a little more than her share from welfare. These are not isolated cases. Effectiveness and equity? Let's not kid ourselves. Neither are being practised on a consistent basis.

by Kris Lyons



"The jury has found you not guilty, but I'm going to give you 2 years just to be on the safe side."

Quote by Justice Toy

"to a great extent I agree that my sentence must be directed to general deterrence so that other like-minded may be forewarned. However, I do not abandon the specific deterrence principle because I have a long-standing scepticism about people incarcerated when they assess themselves and then set about convincing others that they have been rehabilitated."

Is he saying that people don't change. Statistics do not concur. If any of our readers have a good quote representing a particular judge's viewpoint, please send it in - in context.

BIO-FEEDBACK

Available through Alex Louks

Bio Feedback is a system which will give an individual information about a physiological process which the individual is not usually conscious of. The person can learn to alter the functioning of a system.

A device is used to monitor such physiological systems as muscle tension, activity of the sweat glands and skin, heart rate, blood pressure, skin temperature and brain wave activity. The information is fed back visually on a scale monitor. It is also presented audibly in the form of clicking noises. Once the feedback is received, the individual learns to alter the rate of the system and reduce effects. For example, blood pressure can be lowered.

The devices can associate differences in physical sensations (e.g. tenseness). The person learns by perhaps visualizing a picturesque landscape, to change the condition.

The common use of Bio Feedback at Prison for Women is relaxation training. These are re-inforced with audio tapes and counselling. Appointments are scheduled on a weekly basis. There are generally 2-3 participants. Each week, the individual is given a progress report by measuring the effects on the equipment.

The most popular area of use is EMG (muscle feedback). Also stress reflex reduces blood flow to the extremities (fingers and toes) and those areas feel cooler. Through skin temperature feedback, the individual can learn to increase the temperature in those areas by increasing the blood flow.

Bio Feedback became popular in the early 1970's. It was not widely available until the late 1970's owing to the costs, portability and reliability of instruments. Medical uses render the technique as invaluable. It is used for neuromuscular re-education in assisting stroke victims. The patient can realize increased control of a particular muscle.

The stressresponse correlates to physical properties. If the individual can learn to produce the physical condition of relaxation (i.e. decrease blood pressure, increase blood flow to the body's peripheral), decrease heart rate, decrease activity to the sweat glands, then the mental activity will correspond. A good example is that of a person who drinks coffee (caffeine) and meets with physical properties such as jangled nerves. The mental activity of this person will also change.

by Kris Lyons

TOMMORROW FOREVER NIGHT
SHORT STORY

by
JULIET

He looked her over carefully. They stood there staring at each other until he cleared his throat and keeping his eyes on her face, said "One twenty five inclusive".

"We'll take it,said the woman".

What a miserable looking couple,he thought, looks as if they can't scrape a couple of dollars together. Better get a weeks rent, in advance now, and if they are late with next weeks rent, out they go.

"Can we move in now"?, asked the woman.

"Sure", he said. "One weeks rent in advance". "How long do you intend to stay?"

"A few months, at least, until we find ahouse. We are from Vancouver and want to settle in Toronto. We want to buy", she added as if to put his mind at rest.

He watched as the woman opened her brown, worn, plastic purse. She gently pulled out an envelope and peered in it as if the envelope contained a precious secret. Suddenly he was facinated. The hand holding the envelope was a beautiful hand. The skin so white with just a trace of blue veins visible under the white skin. Long fingers, the nails reminded him of little pink, sea shells. What interested him most was how the hand moved. The long fingers searching the mouth of the envelope as if she were stroking her lover's hair. He looked at her more sharply. The blue of her eye lids delicate as if transparent, the long, dark lashes. The face, thin and heart shaped was just ordinary, he decided. She was tall, she stood almost the same height as the man and he must have been close to six feet. It was the way she was dressed, that made her look so insignificant, so down and out. The drab, brown coat was too short, and too loose on her slender frame. Her shoes matched the colour and drabness of her outfit.

"One hundred and thirty dollars. Five twenties and three tens", she said holding the bills towards him in a childish gesture.

He took the money and stuffed it in the pocket of his jacket without counting it.

"I will have to bring up the change and the receipt. You will need a key to the front door and a key to this door". He said pointing at the open room.

"Don't bother, tommorrow will do".

This time she smiled at him and once again, he was surprised at the strange radiance of her face. Those eyes, he could not make up his mind about the color of those eyes. Blue, no green. No, brown-green. The colour seemed to change as they smiled into his. Then another sensation crept over him, slowly growing stronger. A warning sensation that came up from his guts. Fear.

Without another word he turned and made for the door. Not until he had reached his own rooms, did he realize that the man had not spoken one word.

He waited all day. The uneasiness of the day before had not left him. He had waited and listened the whole morning. The November afternoon was growing faint and yet there was still no sign on them. Not a sound from their room. Could they sleep all this time?

He reluctantly made up his mind to go up. He wished he had not been so hasty in letting them have the room, he should have asked more questions. The more he thought about them the more he convinced himself that there was something wrong. Something so very wrong. He had made a mistake. With determination he climbed the stairs at the second floor. The five dollars change, the receipt and the keys in his hand. When he reached the door he stood for awhile and listened, not a sound. He knocked three gentle taps. Nothing moved. He knocked again, this time more aggressively. Three hard taps and waited. The room remained silent. "Hello there", he shouted "I've brought the keys." He was talking to an empty room and yet he knew they must be there. They could not slip past him. He was going in, he had the right, it was his house. His hand was on the door knob. While he turned it, he rattled it gently to warn them he was coming in. The door moved a split open. "Hello there, hello, can I come in?" he asked foolishly. Receiving no answer he pushed the door open wide and took two steps into the room. The fading November light fell through the two windows but even in the twilight of the room he could see that the man and the woman on the bed were dead. For the first time he noticed the face of the man. A young, handsome face. Serene in his unending sleep. They lay close together, their hands entwined between them, fully clothed, only their coats hung side by side on limp hangers as if an execution had taken place in that small space. Her face was set in the smile of a happy thought. The eyes staring at unseen sights, the lights gone forever.

Shaking and shocked the man ran from the room, slamming the door behind him.

The room grew quiet. The shadows from the last evening light moved like a grey ghost over the walls and worn carpet. Outside a dog barked, from somewhere a piano twinkled, softly and far away. On the bed the tall, limp doll like figures moved away in the darkness of the room. Two pairs of shoes beside the bed, the coats. Was that all that was left to tell their story? No! What was that white shadow on the dressing table mirror? A note, "We could not face life without each other. Forgive us, but remember us together for ever".

THE END



TOO MANY IMPRISONED, WRONG ONES LET OUT, PRISON CRITICS SAY

by Kirk Makin, The Globe and Mail, July 17, 1984

The immediate release of about 70 percent of Canada's penitentiary inmates would be the largest stride the penal system could take towards criminal rehabilitation.

The comment comes from an unlikely source -- Donald Sullivan, one of the founders of Canada's victims-of-crime movement. "We're putting a lot of the wrong people in, and we're letting the wrong ones out," he says.

He is not alone with this thought. Graham Stewart, an officer of the John Howard Society, has equally strong views on the contentious question of where criminal rehabilitation is going.

"We lock up far too many people for too long," he says. "Even if we just reduced all sentences by 10 per cent it would have a profound effect. Trying to rehabilitate in prison is like trying to teach tennis in a submarine. You can give the basic instruction but you can't get much practice. Prisons are, and always will be, for punishment. The best programs can do is limit the destructiveness of the prison experience. It is naive to look at them as places where a person will change for the better."

But given the Canadian propensity for jailing, the corrections system is trying to cope by concentrating on those most likely to succeed and by stressing behavioural therapies.

At its simplest, a rehabilitated ex-con is one who doesn't end up back in jail. Depending on the time and place, this can mean teaching him a useful skill, making him repair the property damage he has done, or encouraging outside visits so he keeps his contact with the community.

Replacing prison with community service work or the partial detention of a halfway house, might not provide the satisfaction of revenge, but it is more likely to stop repetition of the crime, Mr. Stewart said.

Once someone is sent to prison, the inmate destructiveness of the experience can be hard to reverse, prison officials agree. "The skills you need to survive a long period in prison are very different from those you use in society" said one official.

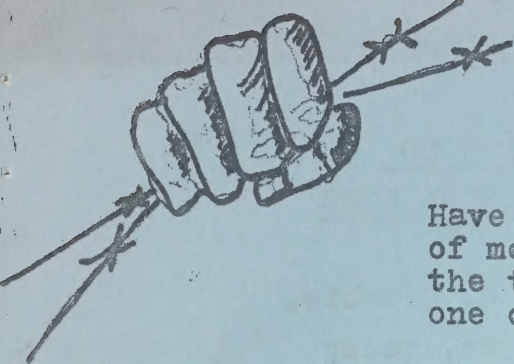
People often forget that beside the loss of liberty, prison also means losing one's job, family and friends, Mr. Stewart said. The protection of society certainly justifies this in some cases, he said, but those cases are a minority.

Donald Evans, executive director of community programs for Ontario's Ministry of Correctional Services, says there is a point beyond which rehabilitative prospects become bleak. "Once you get past five years, you're pushing it."

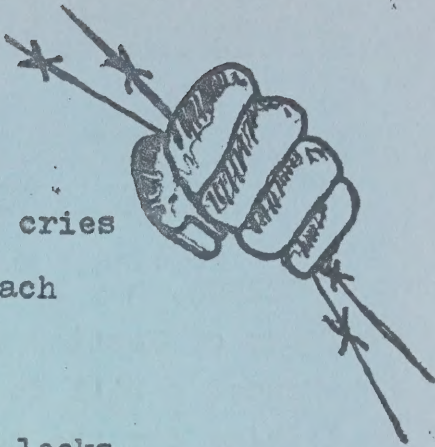
For those who argue the prison population should be reduced greatly, the equation goes like this: fewer prisoners would mean more resources for rehabilitative programs. The decrease in the population would also defuse tensions of overcrowding.

It would also reduce the possibility of non-violent offenders rubbing shoulders with hardened criminals and coming out hardened themselves, Mr. Sullivan said. By and large, judges have not seen it this way. Longer sentences are one factor that has led to many inmates being double- or triple- bunked in their cells.

The cost of keeping a prisoner is estimated at \$50,000(sic) a year. It costs \$3,000 a year if the same prisoner is on parole.



Prison Justice Day



Have you ever heard the distant cries
of men while locked inside,
the tears of desperation that each
one of them have cried.

I've seen those cold despondent looks
where hate turns into rage,
the gloominess within their eyes
from years spent in a cage.

I've seen some men the system broke
with self inflicted wounds,
men tired of all the loneliness and
hopelessness of doom.

I've seen men carried out of cells
on stretchers late at night,
another man has left this place
by taking his own life.

I've seen these things while locked inside
the penitentiary,
the death, destruction, hate and fear
of men who don't walk free.

We pay respect to those that died
while they were locked away,
remember them on August 10th
that's prison justice day.

By
Harold Gaucher

JUSTICE MINISTER INTRODUCES AMENDMENTS TO STREET PROSTITUTION SECTION OF THE CRIMINAL CODE

OTTAWA, May 2, 1985 -- The Honourable John C. Crosbie, Minister of Justice and Attorney General of Canada, today introduced a bill in the House of Commons respecting street soliciting for the purpose of prostitution.

The dramatic increase in street soliciting in major Canadian cities and the serious difficulties encountered in prosecuting both street prostitutes and their customers under existing Criminal Code provisions has created strong public demand for an effective mechanism in the Criminal Code to deal with the problem.

This proposed legislation will enable enforcement authorities to control unacceptable nuisance effects associated with street prostitution, including the exposure of children to the buying and selling of sex on city streets, interference with the movement of automobiles and pedestrians on public thoroughfares, the blocking of doorways, the harassment of city residents, particularly women, and the lowering of residential property values.

"The concern expressed by Canadians living in major urban centres, such as Vancouver, Toronto and Halifax, where prostitution has taken over the streets in specific downtown and residential areas, has convinced me of the need to act now", the Minister stated.

"The need for these amendments has been argued forcefully by the Honourable Patricia Carney, Minister of Energy, Mines and Resources and a leading advocate of an effective federal response to this problem, as well as by other federal and provincial representatives of urban areas plagued by street prostitution."

Attempts by the provinces and municipalities to resolve the street prostitution problem have been unsatisfactory, due largely to court interpretations of existing laws which have made it nearly impossible for police officers to secure convictions against street prostitutes and their customers.

Under the proposed new section 195.1 of the Criminal Code, several prohibitions have been introduced to strengthen the law.

First, soliciting for the purpose of prostitution would be banned in "public places" or any place open to public view. This includes the interior of a motor vehicle located in a public place, for example, on a city street, or a motor vehicle located in a private place open to public view, such as the driveway of a private residence.

Secondly, the section also makes clear that any person who, in a public place, stops or attempts to stop any motor vehicle, who impedes either pedestrian or motor vehicle traffic, who blocks doorways or interferes with access adjacent to public areas or stops anyone for the purpose of engaging in prostitution or of obtaining the services of a prostitute may be found guilty of a summary conviction offence. Accordingly, both the prostitute and the customer may be charged with soliciting for the purpose of street prostitution.

The Minister noted that the street soliciting amendments were formulated in response to widespread public concern on the part of Canadians and "provide the best option for controlling the problem while securing peace, order and freedom of movement on both residential and city streets through the removal of sex-trade from public places."

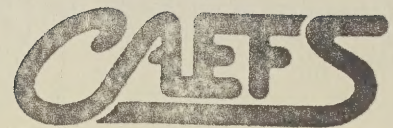
Ref.: Geneviève O'Sullivan
(613) 992-4621
Francien Finlayson
(613) 995-0660
Paul Saint-Denis
(613) 995-3191

(version française disponible)

NEWS RELEASE

For Immediate Release

Ottawa, May 7, 1985



Canadian Association of Elizabeth Fry Societies
Association Canadienne des Sociétés Elizabeth Fry

302 - 151 Slater Street, Ottawa, Ontario, K1P 5H3 613-238-2422

The Canadian Association of Elizabeth Fry Societies deplores the government's introduction of a proposed amendment to the Criminal Code which will remove the "pressing and persistent" requirements of the current soliciting law and replace it with a person's behaviour which "in any manner communicates or attempts to communicate with any person for the purpose of engaging in prostitution."

"The new law not only fails to take account of the recently released Fraser Report on Prostitution and Pornography, it actually contravenes its recommendations," says Marlene Koehler, Executive Director of the Association. "Under the guise of attempting to respond to the concerns of residents in urban neighbourhoods, the proposed law will result in the further victimization of the most vulnerable prostitutes," Ms. Koehler declared.

The Fraser Report attempts to be all things to all people by making recommendations which:

- a) tighten up on the nuisance aspects associated with street soliciting;
- b) loosen up the "bawdy house" provisions which presently keep many prostitutes on the streets; and
- c) invite all levels of government and other interested parties to work together to eradicate the conditions in our society which lead women and adolescents into prostitution.

Its recommendations form a sensible basis on which to bring the major interest groups together for the development of a consensus for legislative reform to address the problems associated with prostitution. The Canadian Association of Elizabeth Fry Societies has for many years called for the repeal of the present soliciting law which discriminates against female prostitutes (leaving their male customers untouched by the criminal law) and does nothing to create social and economic opportunities for disadvantaged women so that they might choose to avoid prostitution as an occupation.

Last year, a majority of Elizabeth Fry Societies adopted a national resolution calling for the repeal of the present "bawdy house" laws, believing them to be ineffective in combatting prostitution and seeing them as laws which contribute to prostitutes working the streets.

For many years, the Association has suggested that other parts of the Criminal Code be used to curb behaviour connected with prostitution which is considered to be a serious problem. The Fraser Report concurred in that view by recommending the prosecution of offensive behaviour associated with street soliciting under the "disorderly conduct" provisions of the Criminal Code. The Fraser Committee required such conduct in relation to prostitution to be performed "more than once" before it was culpable.

The proposed law criminalizes conduct in relation to prostitution which in and of itself may not be offensive and which occurs only once! "Such legislation," Ms. Koehler claims, "will force young prostitutes off the streets and out of bars into remote, secluded premises which are likely to be operated by pimps (who for many years have been reasonably successful in avoiding prosecution) and which will surely put young, disadvantaged women, who are already victimized by a society which has failed to address their social and economic needs in more unsafe, vulnerable and dependent circumstances than has recently been the case."

Of particular interest in the proposed law is the inclusion of customers of prostitutes who may for the first time be prosecuted. "Such legislative reformation," argues Ms. Koehler, "is designed to appease those of us who have claimed that women are discriminated against in our legal system. Mr. Crosbie has failed to appreciate our concern that it is the unequal application of the laws, not just the words themselves which discriminate against women. Previous street soliciting prosecutions were based, for the most part, on the evidence of male police officers who had acted as customer-decoys; this is unlikely to change under the new law because men still vastly outnumber women on most police forces, and hence, it is unlikely that police forces will use female officers as prostitute-decoys as frequently as they will use male officers to entrap female prostitutes."

CONTACT: Marlene Koehler, Executive Director
(613) 238-2422

The Eliz. Fry Society of
B.C. (Vancouver) opposed
these resolutions.

The Canadian Association of Elizabeth Fry Societies (CAEFS) is a federation of autonomous Elizabeth Fry Societies. We have 17 member societies: 2 in Nova Scotia, 1 in New Brunswick, 1 in Quebec, 6 in Ontario, 1 each in Manitoba and Saskatchewan, 2 in Alberta, and 3 in British Columbia. There are also societies developing in Newfoundland and British Columbia.

Our Association first came together on an informal basis in 1969, 30 years after the first society was established in Vancouver. In 1978, the national association was formally established for the following purposes:

- to expedite communication and cooperation among member societies;
- to encourage the formation of new societies;
- to assist in developing and maintaining high standards of programs and services;
- to encourage suitable reform for women at all levels of the justice system;
- to develop public awareness and understanding of programs, problems and the need for change in the criminal justice system, particularly as it affects women.

The national association acts mainly on a federal level, on issues of common concern to societies across the country. Our focus is the needs of women potentially or actually in conflict with the law. We are the only national organization that deals exclusively with issues related to women and the criminal justice system.

At Prison for Women volunteers are matched with prisoners who can benefit from one-to-one visitation. They also come in each Wednesday night (7:45-9:45) and initiate such activities as sports, crafts, guest speakers, films and "Rap groups". They assist women who are approaching release. The Elizabeth Fry workers can be seen as valuable resource persons as they accompany women on passes (3-6 hrs) into the community. We wish to thank everyone associated with Elizabeth Fry for their concern and assistance on our behalf. And we urge more people in the community to become involved with this fine organization.

COMES THE DAWN

After awhile you learn the subtle difference
Between holding a hand and chaining a soul,
And you learn that love doesn't mean leaning
And you begin to learn that kisses aren't contracts
And presents aren't promises
And you begin to accept your defeats
With your head up and your eyes open
With the grace of a woman, not the grief of a child
And you learn to build all your roads
On today because tomorrow's ground
Is too uncertain for plans, and futures have
A way of falling down in midflight
After a while you learn that even sunshine
Burns if you get too much
So you plan your own garden and decorate
Your own soul, instead of waiting
For someone to bring you flowers
And you learn that you really can endure
That you really are strong
And you really do have worth
And you learn and learn . . .
With every good-bye you learn.

Author Unknown

A LONELY WORLD by Phoebe Reid

Here in my cell, not a soul to know
lays my troubled mind wondering
What's to become of me?
Family far away
friends near but far, too far to touch
They care, I am relieved
As the sun comes up I prepare
for yet another repeat of yesterday
Tomorrow will be the same.
No breaks in between
When will I go free?
For deep within my heart
I feel a lonely settlement covering me
Please won't someone strip me
Of my wandering mind?
I face each day with hope
that one day I will be free
and have peace of mind once more.



LOOK WHAT'S IN IT THESE DAYS!

(No One requires them to tell you)

DIETHYL GLUCOL cheap chemical used as an emulsifier instead of eggs. Glucol is the same chemical used in antifreeze & paint remover.

PIPERANOL used in place of vanilla. This chemical is used to kill lice

ALDEHYDE C17 flavor in cherry ice cream. Inflammable liquid also used in dyes, plastic or rubber.

ETHYL ACETATE gives pineapple flavor. Also cleaner for leather and textiles. It's vapors have been known to cause chronic lung, liver & heart damage.

BUTYRALDEHYDE nut flavor in ice cream. Ingredient in rubber cement.

AMYL ACETATE banana flavor. It is a paint solvent.

BENZYL ACETATE strawberry flavor. It is a nitrate solvent.

Next time you're tempted by a luscious looking banana split, think of it as a mixture of antifreeze, oil paint, and nitrate solvent and lice killer, and it won't be so appetizing. Add the 25 teaspoons of sugar (!) and you've got the makings of good dental disease.

Here's a recipe for homemade ice cream (if you have a freezer) that is made with raw honey instead of sugar and real fruit (you pick it yourself) (courtesy "Bee Natural Cookbook")

6 eggs, well beaten	4 cups whipping cream	1 Tbsp vanilla
1-1 1/2 cups light honey	5 cups water	1 tsp salt
1 ripe avocado (keeps smooth & no ice crystals)		

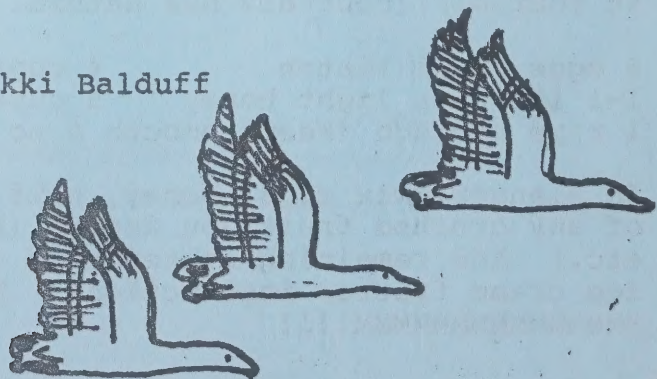
In blender, mix eggs, honey, half the cream, avocado and one cup of any crushed fruit you desire (bananas, strawberries, blueberries, etc.) Add remaining ingredients (including water) and freeze per ice cream freezer instructions. Makes approx. 3 qts. ice cream.
HMMMMMMMMMMMMMM!!!!



Little Girl

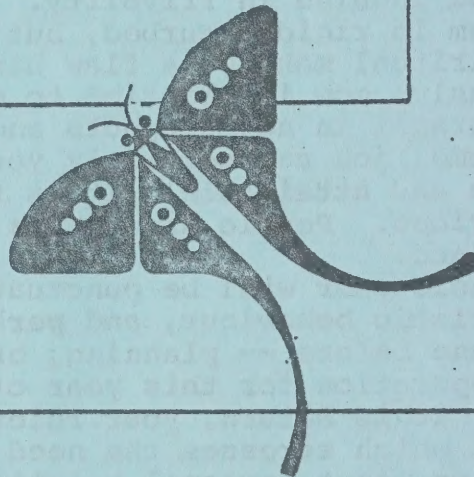
ripped from the womb
of naivety
little girl turned woman
behind the lies
behind the bars
inside the concrete tomb
of despair
little girl
turned out
turned into
a
product of the prizzzon
experience
nightmare
reality
paying canteen to survive
amongst
womyn who have lived
harder years
than your own
womyn
that take
your little girl smiles
and crush them in
the palm of their hands like
the wrappers of canteen
snicker bars
you paid to
protect
what inevitably will be taken
little girl turned woman
turned out
turned hard
turned into . . .
another aging con.

Mykki Balduff



A dear friend once said
 I write in symbols.
 The razor cuts
 Blood is symbolic
 I say its real
 Wounds don't heal
 Scars are evidence
 I don't know how to die.
 Meanwhile I am making an art of it.
 I don't have much to say
 Words betray pain.

by Kathy Lamb



I bet I wouldn't fit in my own coffin and it would be
 No surprise to me
 All my life
 I never fit in anywhere;

I see no reason
 to be fitting in
 Now.
 My parents don't fit, either
 into my life
 or my loneliness
 though they tried.
 I'm still the child that won't fit
 into the arms of anyone,
 but I'm always reaching.

Kathy Lamb

H O R O S C O P E
(Condensed from New Woman)
January 1985

CAPRICORN: December 22 - January 20

Astrological tradition has it that you are someone whose early life may have been different, painful, and insecure. You have been forced to grow up too rapidly and assume responsibilities and cares too weighty for your years.

Saturn, your ruler, is also responsible for the faint aura of seriousness and melancholy that surrounds your personality. Serious and sober, you hate disorder and will try to keep most things in reasonable shape lest any disarray unsettle your tender psyche. An enthusiastic upholder of tradition, you know that this is the path you will have to follow to get to the top of the mountain slowly but with never a backward glance.

The Capricorn symbol is a goat with a fish tail. The tail represents the emotions, and this combination suggests that harbored within the Capricorn character is a desire to lose control, yield to passion, and indulge in frivolity. This streak of flame-hot emotionalism is rigidly curbed, but it remains the Achilles heel of your spiritual makeup, a flaw hinted at by the behaviour of Saturn.

Obviously, now is the time to dare, to break with tradition, to immerse yourself in new projects and ambitious schemes -- if necessary, changing home, job and certainly your attitude toward life. So much is possible and attainable. It is time to be the initiator, to flout the regularions. People and events will move aside to let you assume your new place.

The whole year will be punctuated by the need for snap decisions, uncharacteristic behaviour, and perhaps a growing awareness that all that has gone before -- planning, organizing, even scheming -- has been in preparation for this year of promise and achievement.

Love: It is Saturn, your ruler, positioned in Scorpio, together with Pluto, which stresses the need to be more tolerant, understanding, and sensitive about personal relationships. You should try harder to identify with other people's difficulties and not be too overcritical or demanding.

Work: Unless you break with your comforting and familiar routine, you will miss out on everything exciting and revolutionary in the workplace.

Health: Your interests are turning in the direction of alternative forms of medicine and you are becoming more conscious of diet and life style. As it obviously is going to be a hectic and, at times, demanding year, there is a greater need for periods of relaxation.

Money: Apart from a predicament involving a former business associate, 1985 should be a secure year financially.

AQUARIUS: January 21 - February 19

Well, anyone who has ever lived with an Aquarian will tell you that although you have a capacity for being all things to all people, you can drive others mad. Marvelous when you are expected to be monsters, monsters when you are expected to be marvelous -- you are a law unto yourself,

Endowed with an extraordinary breadth of vision, unbiased and openminded, you may not be tainted with prejudice or superstition but can be enveloped in moods, out of which nothing and no one can pry you. Argumentative, especially over crusades, you cannot be shut up or put down.

Unpredictability in an Aquarian is a virtue. Through the dynamic planet Uranus, your ruler, you are in touch with tomorrow. You thirst for the original and the untried, and hunger for fascinating new experiences. You abhor peevish jealousy and possessiveness in all its forms.

With a child's boundless capacity for wonderment, you want to learn, to be informed, to experience, and you seek, above all, the truth. All this makes you very admirable, but you have one or two faults which drain a bit of the colour from your rainbow. You are impractical, confuse details, and, when circumstances get the better of you, can also be lazy.

The Water Bearer is symbolized as pouring forth water liberally. And the affections of the true-born Aquarian are certainly far-reaching. However, there is no such thing as a typical Aquarian.

There are seven creative words which you ought to remember -- health, harmony, happiness, wisdom, peace, love, and prosperity. Think about them in that order and you will see yourself enriched immeasurably during 1985.

Partnership, emotional, or professional problems over the past three years have forced you to become more selective and self-sufficient but you certainly are about to experience a kind of revival or re-awakening. Perhaps, Aquarius, you shouldn't move too quickly.

But other planetary factors signify you should also be at your most perceptive, inventive, and creative, and a new job will add to your material security.

The combined influences of Saturn and Pluto in Scorpio during 1985 will also bring increased emphasis on career interests and ultimately transform the working pattern of your life. There will be moments when employers or people in positions of power will appear obstinate, narrow-minded, and unappreciative. A brief reminder: you are playing for higher stakes now, so you must capitalize on whatever creative skills you possess and find your true vocation once and for all.

PISCES: February 20 - March 20

Pisces is the twelfth and last sign of the zodiac, and the early Christians chose this symbol -- the two fishes swimming in opposite directions -- as their secret emblem. Unquestionably, this is the most spiritual and sensitive sign of the zodiac.

Mystical, magical, and said to be ruled by Neptune, the God of the Sea, if anyone really wants to understand you they must first accept that your strength lies in your ideas and aspirations rather than your actions.

Many astrologers talk about cosmic challenges, and you must try to understand that yours is to develop a more constructive use of your own free will. Too often you fall prey to external influences and fail to accept responsibility for your actions. No one needs to be a victim of circumstance, especially one with such myriad powers as Pisces, and even adverse planetary aspects should only make you more resilient, self-sufficient, and determined to succeed.

Use the positive influence of Saturn and Pluto in Scorpio this year and don't allow anyone or anything to prevent you from living the way you want to live. Above all, realize that you have many unique creative abilities and talents that should be developed and exploited.

Saturn is the most maligned of planets, and it is totally wrong to assume that its role is to destroy and upset. The truth is quite the reverse. All this put-upon planet demands is that you become more aware of your own individuality, purpose, and abilities. There is no fast, easy way of **making** friends with Saturn, but if you are persistent everything about your life can be stabilized, enhanced and enriched.

You are not artificial, affected, or prone to putting on airs and graces. It doesn't matter to you if your partner or companion in life fails to make sense to anyone but yourself. For you, happiness comes when someone recognizes the subtle undertones of your sensitivity as well as your undoubted talents.

For many, the coming year will be one in which a change of residence will prove to be not only beneficial but a must. However, one must always remember that astrology is not fatalistic. The stars incline, they do not compel. And you should never say, "I just wasn't born with the strength or the ability." You were born with more of both than you imagine.

ARIES: March 21 - April 20

It cannot be disputed that the past few years have been the bleakest and most emotionally disturbing periods you've ever known. Neither your fabled qualities of valor and defiance nor your energy, determination, and flair could resist enormous changes in close personal relationships. The coming year should offer the chance to put your house back in order.

Ruled by Mars, Aries is the first sign of the zodiac, and, in a way, the ignition key to it. Basically cheerful, forthright, and optimistic, interest shines in your eyes and everything has to be now, now, now.

There is an essential loneliness of spirit in the typical Arian. Even when you are **married** and you have reared children, somewhere deep in your inner self is the knowledge that you neither possess or are wholly possessed. You are born independent, self-confident and unconquerable.

You have got to concede that you have become a more complete human being, more able to drop the facade of always being strong, secure, assertive, and less inclined to rush head-long into unsuitable attachments. It was the influence of Saturn in Libra that has not only taken your measure but also transformed your life.

In addition, Neptune in Capricorn can kindle the flame of real ambition, imagination, thirst for knowledge and, above all, truth. The ignition key to success has been turned on.

For you the **sign** of Virgo represents general health matters, you should find yourself at your most robust and what is laughingly called "rude health".

Love: It is within **your** power to make this year one of emotional harmony. However, you have to prove that you can be unselfish and forgiving. Much depends on how you cope with trying and testing situations.

TAURUS: April 21 - May 21

It takes an enormous amount of courage, tenacity, and faith to cope with your partnership problems at the moment. And since Saturn and Pluto are passing through your opposite sign of Scorpio, your current situation can be likened to having an immovable force raging against you. But if you summon the bull within you, you can create your own stampede -- of success and achievement, enough to make an indelible mark on your future, well beyond the exciting year at hand.

Taurus is said to be an earth sign, therefore you crave stability, and Venus makes you conscious of creature comforts. Both at home and at work the surroundings and environment have to be congenial to enable the true you to flourish. A typical Taurean is practical, persevering and stubborn.

Taurus is the sign of money. Accumulated wealth and a safe income are a must because of their basic need for security.

You must make a fresh start, change homes and even towns and countries. Conditions that you have tolerated in the past will be swept aside. Realizing your potential will become your primary goal and the focus of all your energy.

GEMINI: May 22 - June 21

What is a Gemini? Deep inside a searching, impatient nature, you seek an ideal. Being gifted with limitless wealth, imagination, money, fame, achievement, and love has never been enough. Gemini is not only the butterfly of the zodiac but also the sign of the mental explorer who, having experienced something of importance, must communicate. Your role in life is to add a touch of magic to a dreary workaday world.

Ruled by Mercury, your nature is impatient and searching and you are ever in pursuit of new goals. Just because Gemini is symbolized by the Twins you are often accused of having a split personality. This is not true. You are merely contradictory. You are clear-thinking and concise, springing into action with the speed of light, breaking rules and bucking authority -- a maverick with a mission.

There is much to be learned from even unsatisfactory relationships. New joint alliances and undertakings should prosper because of Neptune's position in the solar chart. Too much mental overdrive could result in minor health problems.

CANCER: June 22- July 23

New planetary aspects and patterns are forming that must enable you to prove to **partners**, employers, and business associates alike that you cannot be defeated by setbacks or even personal rebuffs. Cancerians enjoy circumstances that force them to prove their mettle.

Cancer is the only sign of the zodiac ruled by the Moon, which is why you are always thought of as a sensitive, sentimental, quietly spoken individual who doesn't appear to be ambitious or materialistic. But you are a well of secrecy. You appear gentle and tranquil but your inner thoughts are difficult to fathom.

The typical Cancerian is industrious and constructive as well as highly emotional and it is your intuition rather than intellect that enables you to appear charming and self-sufficient. Always courteous and considerate, you have a passion and an insatiable curiosity about yesteryear. It is the home and everything connected with it for which you strive, work and battle. You have an enormous yearning to give while asking for little or nothing in return. There is also a touch of the prophet or teacher about you and the water element makes you almost clairvoyant.

A friendship, love affair or relationship may go through a dreary and **confusing** phase which will force you to see others as they really are.

LEO: July 24 - August 23

Leos are not wallflowers, they are sunflowers -- popular, sociable and warm. They are incredibly sentimental. Providence seems to help Leos when they need it most.

Your symbol is the lion, denoting majesty, power and dignity. Leo is a kingly sign, and you express pride and stateliness in every movement. Power increases your self confidence. You are loyal, affectionate, demonstrative and basically generous but you are also demanding.

It is time to come down to earth and safeguard your long-term security. There will be enormous changes in your personal life. It may well be that anew attachment has become too strong for you not to make a complete break from the past.

Times have been hard and emotionally testing for you but you must continue to pursue any paths to resolve these problems.

VIRGO: August 24 - September 23

You are an extremely private and complicated individual. You have probably every reason in the world to complain that fate or fortune -- has dealt you some rather nasty hands over the past few years. You have found out all about heartaches, disappointments, setbacks and delays. You are meticulous in your work, and pay a great deal of attention to detail. You are a natural communicator. You are creative but not necessarily an innovator.

You are often quick to deny your idiosyncracies and faults. If anyone tries to pin you down you become touchy.

Finances have been a problem mainly due to the demands of others. If you are a typical Virgo, you will remain careful and cautious, never lavish with your affections or in spending money. You prefer to give your love quietly, discreetly and constantly. You do not like to accept favours.

You appear to be on the point of making some major alterations in your home or domestic setup and are quite prepared for the conflicts you are bound to encounter.

LIBRA: September 24 - October 23

Just because your birth sign is symbolized by the scales, everyone seems to image you were born well-adjusted, calm, and as happy as the day is long. You appear to have it all, nurtured, as you have been under the sign of intelligence, charm and the ability to please and inspire love.

You are more headstrong, impulsive, and belligerent than any self-opinionated Arian. At the same time, no one can be harder on himself or herself or feel quite as guilty as you do.

Frequently you are torn between making the supreme sacrifice: denying love or sacrificing all for love. You are still trying to come to terms with the bitter experiences, setbacks and disappointments of the past few years.

You must become more self-protective and candid about your plans and transactions, financial and otherwise. This will teach you a great deal.

You must be practical and realistic in all dealings. You have a lot of exuberance and mental energy. This year you will love being clear-eyed and not being clouded by romance.

SCORPIO: October 24 - November 22

A Scorpio is jealous, grudge-bearing, vengeful, generous, hurtfully honest, intelligent and passionate -- no other sign of the zodiac is so potentially bad as well as good. You tolerate no weakness in yourself and deplore any that you see in others. You are often gentle and sympathetic though. This is the sex sign. You make exciting and explosive lovers. You take sex very seriously as you do love. Your timing is often disastrous. You are said to be psychic and are known for your uncanny powers of insight and empathy with your friends.

You may believe that serious personal and emotional problems began as recently as last year, the seeds of discontent were sown much earlier. You must meet the challenges of this year head-on. It is time to determine how successful you will be.

Your approach to love, work, health and money will all change this year and be getting your goals and priorities straight, you will minimize any problems you may encounter.

SAGITTARIUS: November 23 - December 21

Estrangements, either through choice or circumstances over which you have no control, and new attachments which others neither approve or understand, seem to be your lot at the moment.

Uranus, the planet of individuality, change, divorce, revolution, and above all, truth, has been passing through your birth sign. You have become a law unto yourself.

To be born under the sign of the Archer is to appear honourable, enterprising, and optimistic, and on balance you do seem to have all these attributes. You take great pleasure in playing the devil's advocate. You are a fire sign. The world isn't always ready for your fiery frankness and outspoken sincerity.

Use the influence of Saturn to your advantage. Listen to the still small voice and believe that you are never alone. You may have to toil a bit harder over the next year to reach your "golden age" but you will emerge more enlightened, contented and complete.



In jail, your peoplehood is expressed in many ways, the most important of which is the obligation to demand of your keepers that you - as well as your brothers and sisters - be treated as human beings. Each time you acquiesce to inhumane treatment you have traded part of your peoplehood for policemanhood. If you co-operate enough times by refusing to demand respect and human dignity due you as a human being, you will wake up some morning and find that you have become part policeman.

by Standing Deer, prisoner

I am woman

I know.

I know every time I see,
through the glass of this cage,
a child playing...laughing
and my heart aches to see my own child.

I know every time I force my chin up,
smile,
and cry inside for home.

I know every time the hunger
for companionship overwhelms me,
and I pull the covers over my head,
hug my pillow,
try to sleep.

I know every time I remember
the sunrise
of the stars
and force myself to forget.

I know every time my soft and gentle spirit
comes up against the steel,
the barbed wire,
of living in this place
and the tears flow from the pain,
from the frustration.

Yes, I am woman.
I know.

Anonymous.- California Institute for Women



EVENTS! EVENTS! EVENTS!

On May 7 the women at P4W were given a theatrical performance by K.Y.T.E.S. - Kensington Youth Theatre Ensemble of St. Stephens Community Centre in Toronto. Kytes on tour is a portrait of a group of youths who found the courage to change their lives, and in so doing, touch a lot of other people. The KYTES troupe feels the urgency to reach beyond their own community to create dialogue through theatre with other more isolated and disadvantaged groups (i.e. prisons, youth drop-in centres, psychiatric wards, centres for the physically disabled). A film is being made of the tour. K.Y.T.E.S. goal is "to provide a healing community framework to embrace displaced and unemployed young people". These twelve young people are aged 15-24. Their excellent performance was well attended and well received by the inmate population.

XXXXXXXXXXXXXXXXXXXXXX

On May 26 the W. Ross MacDonald School for the Visually Handicapped in Brantford, Ontario performed at Prison for Women. The choir, consisting of twenty-four students, sang in solos, duets, quartets and as a group. Some members of the group played instruments: guitars, flute, piano. It was an excellent performance that touched the hearts of all the women that attended. The performance of one hour and fifteen minutes (which included a number of encores) was followed by a social session over coffee. Thanks goes out to Bruce Vandermollen who tuned our piano for us.

XXXXXXXXXXXXXXXXXXXXXX

On June 15 The West Virginians from the Alderson-Broadbush College performed. They are a talent group of seventeen singers and dancers who are awarded scholarships to tour for up to four months each year while pursuing their B.A.'s. Their exciting, diverse program of contemporary, secular, and sacred music was enthusiastically received.

INMATES FACE RANDOM TESTS FOR DRUG USE

The Toronto Star, Wednesday, June 19, 1985

Federal penitentiaries have been given the authority to take urine samples from prisoners to track illicit drug users, a federal official says.

The new procedure was approved recently by the federal cabinet, but tests will not begin until senior federal officials determine how they should be conducted, the spokesman said.

Government statistics indicate that 743 prisoners serving two years or more in federal penitentiaries were found to be in possession of illegal drugs in 1983. There was an average of 10,438 federal prisoners that year.



Bracelets keep convicts imprisoned at home.....The Toronto Star, June 17, 1985

In West Palm Beach, Florida many offenders are wearing the "Supervisor", a cigar-shaped transmitter strapped to their ankles that alerts authorities by computer if they go outside their homes.

In Washtenaw County, Michigan, the "CDS Home Escort" is clamped to the ankles of 20 non-violent offenders, holding them prisoners in their homes.

Across the United States, the electronic monitoring of lawbreakers - a concept inspired by a Spider-Man comic strip - is slowly becoming a reality.

The Canadian government is studying the device, although one technical expert emphasized that electric monitoring is "not under consideration in the Canadian penal system."

The systems use a waterproof transmitter attached to the offender's arm or ankle that sends a signal to a receiver in the offender's home. The receiver is linked by phone to a computer, which the authorities monitor to determine if the offender is home.

The devices are viewed somewhat warily by civil libertarians, who see shades of Orwell's Big Brother and ask, only slightly tongue-in-cheek, whether the next step is video monitoring or devices that shock wearers when they wander from home.

Toronto criminal lawyer David Cole, a champion of prison reforms, sees merit in the device - with the proviso that prisoners consent. "Many would prefer house arrest to jail," he said.

Civil liberties activist Paul Copeland, another lawyer, took a different view, saying the monitors divert attention from the real question of whether minor offenders should be incarcerated at all.

"There are people getting 14 days in jail for impaired driving or 30 days for selling a small amount of marijuana, then they are let out on intermittent sentence so they can work," Copeland says. "I'd want Canadian authorities to do something else about these people and these devices, which have overtones of something more frightening being used next."

Those who make, use and wear the devices counter with one basic argument: It beats prison. Electronic monitoring, they say, is far less disruptive, more humane and much cheaper than prison.

NOTICE!!

The Women's Study Collective of the University of Ottawa is planning a conference for International Year of the Youth directed at young women. Government agencies have not been responsive to the financial needs of the project. Enthusiastic supporters or anyone wishing more information should contact:

Kathleen Gilbert
c/o My Future/My Challenge
85 Hastey, Room 328
University of Ottawa
Ottawa, Ontario K1N 6N5



"KEEPING INMATE IN JAIL NOW COSTING \$109 A DAY" -- Ottawa (CP)

It costs 109.81 a day to keep the average inmate in a federal penitentiary a federal agency says. That figure is up from \$103.66 a day in the previous fiscal year, the Canadian Centre for Justice Statistics says in a report released yesterday.

In provincial jails - where prisoners serve terms of less than two years - room, board and administrative costs were \$68 a day during the 1983-4 fiscal year, an increase from \$61.58 in 1982-3, says the centre, a part of Statistics Canada.

The daily cost of housing a federal prisoner has climbed more than 45% since 1979-80, when it was \$78.58, while the daily cost of holding provincial prisoners has risen about 28 per cent since 1979-80, when it was \$52.84.

Federal operations are more expensive than provincial ones because the federal prisoners, all of whom are serving sentences of two years or longer, require greater security and long-term rehabilitation programs, centre spokesman Dennis Hartman said.

Administrative costs, including transportation and communication, also are higher because the federal system stretches from coast to coast, he said.

The average person in a federal institution is a 29-year old man serving a 45-month sentence for property offences, such as robbery or breaking and entering. The average person in a provincial jail is a 25-year old man serving 28 days for fine default, the report says.

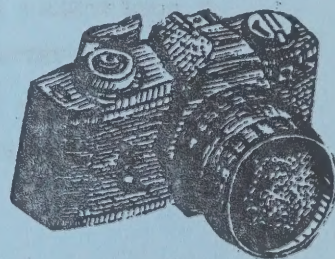
The average population in federal prisons was 10,438 in 1983-84, up 7 per cent from the 9,775 people incarcerated at any one time in 1982-83 and 23 per cent from the 8,465 held five years ago.

The population in provincial jails at any one time in 1983-84 was 17,157 up 1 per cent from the previous year's figure of 17,149 and up 28 per cent from 1979-80, when the figure was 13,363.

In addition, an average of 1,100 federal prisoners and 3,700 provincial prisoners on the 1983-84 register were on probation, parole or mandatory supervision.

PHOTOGRAPHS AND PROCEDURES

Due to a policy change by Administration, we are no longer able to keep our own camera's or take our own pictures. HOWEVER, the Inmate Committee has purchased a camera and an approved inmate photographer will be able to take pictures at designated Special Functions IF you want pictures, START early by filling out a Finance form at the Inmate Committee Office a month ahead of the function to ensure the money is removed from your account. Each picture costs 65¢ (this includes tax). Funds MUST be in your CURRENT account at the time of ORDERING. For additional information see anyone from the Inmate Committee.

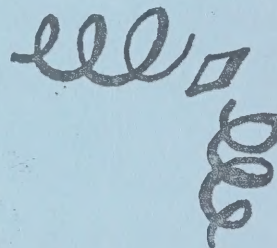
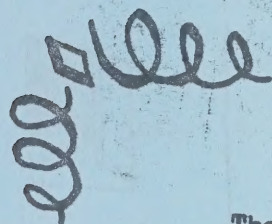
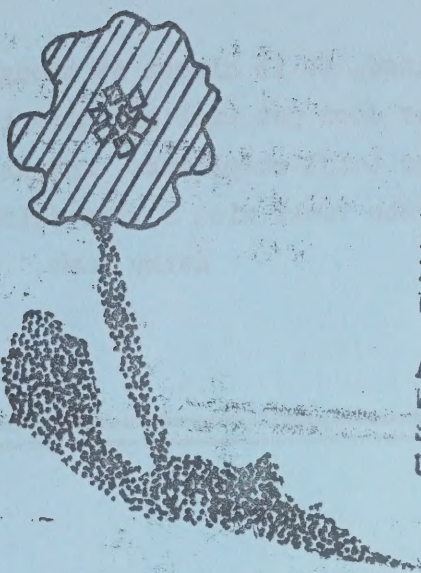


Promises ---Phoebe Reid

Promises can be made
Promises can be broken
But the best promise of all
Is a promise not spoken

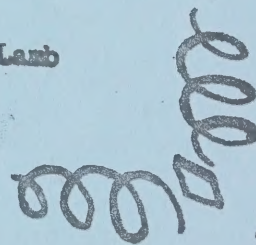
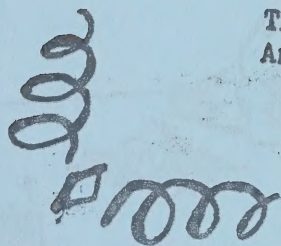
Life is full of many changes
Nature will take its course
Promises not fulfilled
Will leave you feeling remorse

A promise is only words
Which means a lot to few
So keep it in your heart
Until it can come true

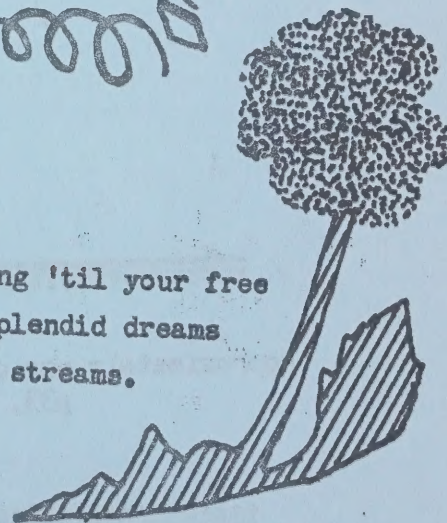


They killed with Ovens
They killed with Ropes
And left no hope.

They killed with keys
They killed with bars
And left only scars.
Kathy Lamb



The joy of life is living it or so it seems to me
In finding shackles on your wrists, then struggling 'til your free
In seeing wrongs and righting them, in dreaming splendid dreams
Then toiling 'til the vision is as real as moving streams.



There is no goal while confined, it is almost as though I have come to understand that my keeper does not want anything that I have..... in a concrete way, except the total compliance, and the total disappearing of me in the concrete vault with a time released door.

Kathy Lamb



"Can you see anything?"

Approximately one out of ten adult Canadians has a criminal record.
p33, Women in Conflict with the Law, E. Fry Society of Halifax.

DIETER'S NOTEBOOK

Editor's Note: Eat to live, don't live to eat. With all the interest in diets here, we will be featuring helpful articles in each issue.

WHAT LOW FAT MEANS:

A pound of fat contains more than 4,000 calories; the same amount of protein or carbohydrates, only 1,800. The moral for dieters isn't hard to grasp: Avoiding excess fats and concentrating on protein and carbohydrates will help you maintain a good figure.

The desire to lose weight is excellent motivation to keep rich foods off the table, but there are other reasons that are even more compelling. A high-fat diet is thought to promote atherosclerosis, a disease in which arteries become clogged with fatty substances, preventing proper flow of blood to the heart. Excess fat also seems to be a factor in cancer; study after study has determined that colon, breast and uterine cancer are more prevalent in countries with high fat/low fiber consumption.

NATIONAL SHAPE-UP

Since the average American consumes up to 91 pounds of fat a year - the equivalent of seven sticks of butter a week per person - who can disagree with the Food and Nutrition Board and other concerned groups that have advocated a cutback? Forty-two percent of the calories in our diet now come from fat; the Board recommend reducing that amount to 30 percent.

Nobody is endorsing a wholesale elimination of fats, which are essential for health and for successful dieting. No food satisfied the appetite as reliably as fat does (which is why people often feel hungry an hour after a meal of beans and rice or Chinese food). Fat helps the body absorb vitamins A, E, D, and K; while linoleic acid (which is found in vegetable oils) is essential for proper cellular growth and maintenance, and for dewy skin and shiny hair.

According to renowned nutritionist Robert Atkins, M.D., a drastically low-fat diet will lead to unhealthy hair and skin. Most women look and feel better when they're eating an adequate supply of fats, but nobody needs an excess of the greasy evildoers. Trimming the recommended 10 percent can only benefit us dieters. The question is, which foods are the worst offenders?

PSYCHING OUT FAT

After deciding to cut back on fat, many people simply give up red meats, eggs, and whole milk, then assume their diets are much leaner. Friends have told me, as they gobbled their quiche and salad, how virtuous they now feel not eating meat. Yet a quiche is made with eggs, cream (mostly fat), and cheese (ditto). Fifty to seventy-five percent of the calories in cheese come from the fat that's predominately saturated (mostly of animal

origin and thought to raise blood cholesterol levels.) According to the American Heart Association Cookbook, approx. five quarts of milk are needed to make one pound of cheese. All that milk makes the protein content of cheese similar to that of meat -- but the fat content can be more than double! And the quiche crust was probably made with lard.

Another surprisingly fatty food -- often eaten with quiche -- is the croissant. One friend remarked that she felt croissants were fine for her diet because she was trying to eat more grains and they tasted so good she didn't need to reach for the butter. No wonder! Croissants are nearly one-third pure butter -- and the rest refined white flour.

Here, from the American Heart Association, are some sensible ways to eliminate the not-so-obvious fats from the most troublesome food categories.

MAIN-COURSE PROTEINS

Best choices are chicken and turkey without skin, fish and beans. Red meat, with its readily absorbable iron, high quality protein and B vitamins, does not have to be scrapped, only limited to three or four modest portions a week. Smart cooks include meat as only one of many ingredients in stir-fried dishes, or in stews cooked ahead and skimmed of fat. Select beef with the least amount of marbling (fat mingled with muscle tissue). When ordering in restaurants, avoid any entree that's deep-fried, or cooked in a cream, butter, or cheese sauce. Order instead foods that are stir-fried, poached, steamed, roasted, cooked in broth.

Your worst choices are hot dogs, salami, sausages, and bologna -- fat provides 85 percent of their calories! Also to be avoided: bacon, and such deli items as pastrami and corned beef.

BAKED GOODS

Few people realize the amount of butter, lard and cooking oils (the most villainous are coconut and palm) that go into commercial sweet rolls, biscuits, muffins, doughnuts, cheese crackers, and bagels. (Sugar is not the only evil ingredient). Dieters should get their starch carbohydrates from brown rice, steamed potatoes, whole-grain breads, popcorn, and flatbreads instead. If you must make a pie, graham-cracker crusts have less fat and calories than pastry crusts -- but any serious dieter has fruit for dessert instead of gooey baked items, ALWAYS.

DAIRY PRODUCTS

Only yesterday a nutrition-conscious friend exclaimed in horror over the buttermilk in my refrigerator. Despite its sinister sounding name, buttermilk is fairly low in fat and calories. Lowest of all is skim or "non-fat" milk -- a better choice than "low-fat". A good substitute for whole milk or cream in baking, when skim milk seems too thin, is evaporated skim milk, available in cans.

Butter and margarine each contain more than twice as many calories per teaspoon as pure sugar and should be avoided whenever possible. Cook foods in broth instead, or use a nonstick spray and pan. For table use, diet margarine listing sunflower, safflower, or corn oil as the second ingredient (after water) is lowest in fat. Margarine containing coconut or palm oil is just as calorie-loaded and saturated as butter, with a great deal more additives.

Many foods are off-limits to dieters, true, but bushels of good ones can be enjoyed. Indeed, so important is the fiber in fresh produce and grains that for every study pointing to excess fat as a cause of heart disease or cancer, another seems to demonstrate that a high-fiber diet helps prevent these diseases. One study, reported to the Federation of American Societies of Experimental Biology, found that the pectin in fresh produce can prevent up to 45 percent of fat calories eaten during the same meal from being absorbed. In other words, "Don't eat fat" really means "Do eat more carrots, greens, apples, broccoli, lettuce, and other fresh foods."

By Catherine Houck



If you're too fat and overweight,
It must be that you overate.
But take heart, you can reduce
By putting this advice to use—
Just stop eating (it's explained)
Nothing ventured - nothing gained!
Roger W. Dana

MEMORIES

It's been a year since we've been apart
The memories I hold in my heart,
I'll never forget the way I felt
It seems the cards were already dealt.

We fell in love, it was meant to be
Something we could not change, but see
Our love was strong, it will never change
Although, my love, you are out of range.

My thoughts are with you, I hope you know
Didn't want you to leave, didn't want you to go,
I pray you know this and rest in peace
You are my only love which will never cease.

I know one day we will meet again
In a land that shines, no need for rain
So until that day, my dreams will be
Of all the good things for you and me.

Treena Basio

Treena Bastion - in memory of Roland.

MEMORIES

It's been a year since we've been apart
The memories I hold in my heart,
I'll never forget the way I felt
It seems the cards were already dealt.

We fell in love, it was meant to be
Something we could not change, but see
Our love was strong, it will never change
Although, my love, you are out of range.

My thoughts are with you, I hope you know
Didn't want you to leave, didn't want you to go,
I pray you know this and rest in peace
You are my only love which will never cease.

I know one day we will meet again
In a land that shines, no need for rain
So until that day, my dreams will be
Of all the good things for you and me.

Treena Basio

Treena Bastion - in memory of Roland.

REALITY BY B. EVANS

Reality is always here lingering
waiting for me to wake,
grasping fingers into my being that
shake me up,
forget the dream.
put my feet on frozen ground and run
but I can't run away
I don't know where to go and
I can't stay here, I'll fall asleep again.
it's so easy
lull me, rock me
no, I mustn't
I'm here, screaming inside
in terror but
reality you hurt me
and I'd rather dream.

Sister Woman Sister by Holly Near

Sister
Woman
Sister

Can you still feel any pain
Or have they robbed you of your anger
While putting thorazine in your brain.

Sister
Woman
Sister

Have the walls grown up so high
That you can't even dream of leaving
And you've forgotten how to fly.

Sister
Woman

Sister

Did they take away your child
And lock her up in some juvenile home
To grow up weary and wild.

Sister
Woman
Sister

They won't let me come see you no more
But I've still got the poem that you wrote me
It's hanging on my apartment door

The lock on the door won't open
I seek but I can't find you
I ask but you can't hear me

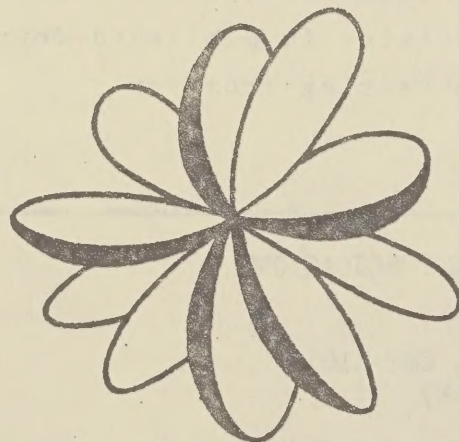
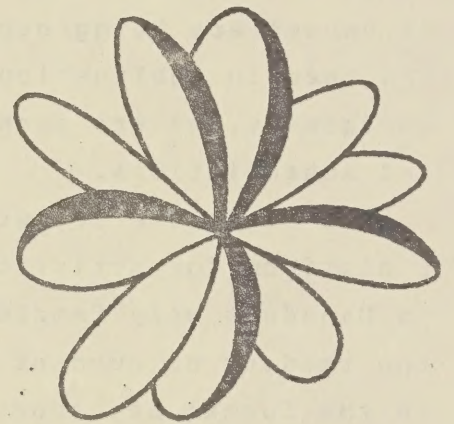
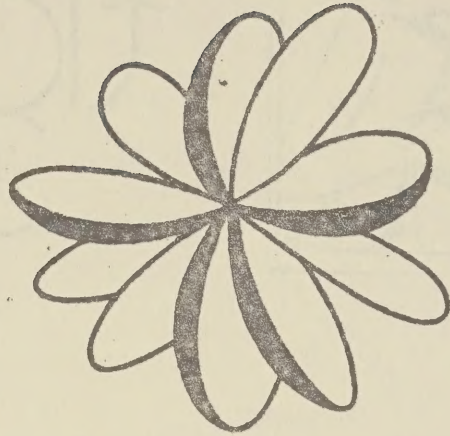
When I'm screaming

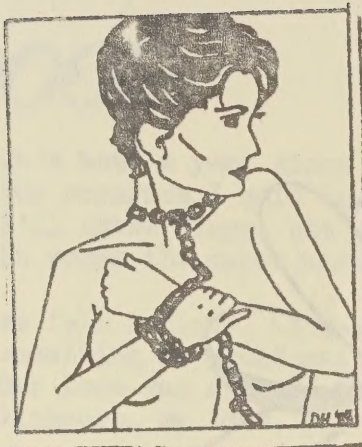
Sister
Woman
Sister

You cannot hear me when I'm screaming
You cannot hear me when I'm screaming

Sister
Woman
Sister

Can you still feel any pain
Or have they robbed you of your anger
By putting thorazine in your brain.





tightwire

Dear Friend: ~

In these times of restraint it appears that the worthiest of causes are being cast out like out newspapers. The Tightwire has been in publication for twelve years. Currently under new management, we are seeking financial backing through donations and subscriptions.

The Tightwire serves many functions. Primarily, it offers a platform for artistic expression to the incarcerated women in Canada's only female federal penitentiary. It also informs the readers of current proposals in law reformation. Included in the format are short stories, poems, artwork, quotes, puzzles, and jokes. We welcome any contributions in these areas especially those with a women's viewpoint.

The Tightwire is published four times a year. We look forward to hearing from you.

TIGHTWIRE PUBLICATIONS

BOX 515

KINGSTON, ONTARIO

K7L 4W7

NAME: _____

ADDRESS: _____

one year subscription - 8.00

two year subscription - 16.00

DATE: _____



Signature

prison for women; box 515; kingston, ontario; canada k7l 4w7

